

## Lumbar Spine (Low Back) Exercises

### 1. Knees to Chest



Lie on your back. Bring both knees toward your chest and hug your shins with your forearms. The pelvis can be lifted slightly off the floor. If it is uncomfortable, separate your knees to the side as you hug them to your chest. Repeat as directed.

### 2. Side Stretch

Stand with your feet shoulder width apart or slightly wider (18-24 inches). Raise one arm over your head and reach toward the ceiling. Plant both feet firmly to the floor and reach tall with the raised arm.



### 3. Gluteus Maximus Stretch

Lying down or standing up, bring your knee across your chest toward the opposite shoulder, hugging your shin with your forearms. Push away from you with the heel of your straight leg. If you're standing, you are pushing into the floor, if you're lying down, you are stretching away. Repeat on the other side as necessary.

